

Dennis Vince • April 5 • Sault Ste. Marie



LONDON

metro



TAKING PARENTAL GUIDANCE TO A NEW LEVEL

WILL AND JADEN SMITH'S NEW MOVIE AFTER EARTH INSPIRED THIS REAL-LIFE PARENT-CHILD MOVIE LIST [PAGE 9](#)

All aboard the brain bus

Western University students trying to get DHMakerBus — a hands-on classroom on wheels — up and running, having raised nearly \$2,400 so far [PAGE 3](#)

Twister kills legendary storm chaser

Tim Samaras, his son and another storm chaser were among the 10 killed near Oklahoma City Friday [PAGE 6](#)

Canucks shut out in women's soccer rematch

American star Alex Morgan snipes two goals in U.S.'s 3-0 win over Canada in an international friendly [PAGE 14](#)

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Eric Kibe, of London, helped design the bracelet pictured here to, in part, start a conversation about how acts of terrorism are affecting children. The effort was inspired by a Kenyan girl who was a victim of the 1998 blast at the U.S. Embassy in her home country. ANGELA MULLINS/METRO

Hope bracelets call for focus on terror victims

Rosemary's Hope.

London man using simple symbol to spark community conversation about terrorism

When Eric Kibe met Rosemary Wanjiru five years ago, he knew his life had been forever changed.

"She had an impact on me, I found her to be resilient and able to triumph over adversity," Kibe said about his distant relative.

At two-years-old, the Kenyan girl was orphaned after a 1998 bombing at the U.S. Embassy in her home country — an attack that also left a piece of shrapnel embedded in her head.

After meeting with Wanji-

At a glance

- Rosemary's Hope gets its name from Rosemary Wanjiru's "hope" that another child never has to experience a terrorist attack, said Eric Kibe, who's behind the effort.
- Each hope bracelet has 16 beads, to signify Wanjiru's current age. Blue beads were worked into the design because it's her favourite colour.
- Learn more on Twitter, @rosemaryshope.

ru, now 16-years-old, again this past year, Kibe knew he had to do something to support children like her.

From that desire to help,

Rosemary's Hope bracelets were born. Co-designed by Kibe and Wanjiru, the bracelets are meant to build a connection between those who see them and the young victims of terrorism.

"People want to be involved and express something but they don't know how," explained Kibe, who immigrated to Canada from Kenya in 2003. "It's a difficult conversation to have, so (the bracelets) are a way to converse about these terror attacks and feel sympathy."

Above all else, Kibe hopes the bracelets will get people talking about issues he thinks, Londoners — and the world — are ready to handle.

"I think it's a conversation whose time has come," he said.

KEVIN HURREN/FOR METRO

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Talbot Street

Man charged after woman falls from balcony

Police have charged a 29-year-old man with assault causing bodily harm in connection with a woman's May 25 fall from a Talbot Street balcony.

An investigation found some of the victim's injuries came before she fell, police said. Investigators are still trying to determine what caused the fall.

The woman, identified only as a 21-year-old, remains in critical condition in hospital. The fall was reported about 9 a.m. at an apartment building at 695 Talbot St.

Justin Primmer, the man charged, is in custody. His first court appearance is scheduled for Monday. METRO

Collecting evidence

Police tackle fraud with pilot project

London police are launching a six-month pilot project that will task alleged fraud victims with collecting their own evidence.

The project, which started Saturday, is aimed, in part, at speeding up investigations and comes as part of an overall service model review at the police department. During the pilot, officials will "measure the impact on the reduction of calls for service by patrol officers," according to the statement. METRO



Owen Dupuis, 10, of London, uses a bubble wand made of pipe cleaners to cook up a little fun Sunday outside the Western Fair Farmers' Market. Dupuis was one of a handful of people at a fundraiser aimed at pushing the DHMakerBus concept forward. ANGELA MULLINS/METRO

Classroom on wheels picking up speed

DHMakerBus. Leaders of effort have the bus, now they just need to tech it out



ANGELA MULLINS

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One fundraiser and one tweet at a time, a plan to create a hand-on classroom with wheels is picking up speed.

For one, the Western University students behind DHMakerBus have secured perhaps the most critical piece of the pie — a bus.

The retired school vehicle

turned church van is expected to arrive in London this week, thanks to a somewhat successful attempt at crowd funding on indiegogo.com.

As for tricking the bus out with enough state-of-the-art technology to make your head spin, that might have to wait a bit. The indiegogo campaign — which seeks to raise \$10,000 — stood just shy of \$2,400 on Sunday and comes to an end Friday.

No worries, though, says Kim Martin, one of the effort's leaders.

"We will keep going," she said. "The community has been amazing."

The London Public Library, she said, is one of several community organizations that's

shown interest in having the bus join its programming line-up. The Boys and Girls Club is also on board, with leaders showing a special interest in seeing the bus teach special science lessons to kids, said Martin, 32, of London.

"Almost every time we talk to someone new about the bus, they have an idea of how it can be used," she said.

The goal, Martin said, is to have raised enough money by the end of summer to start renovating the bus and buying equipment, including 3D printers, motion-sensing devices and open-source programs for things such as video games.

All in all, the bus aims to tap into digital humanities — a

On the web

To learn more about the DHMakerBus, search for it at indiegogo.com, check out @DHMakerBus on Twitter or visit dhmakerbus.com.

fairly new-age area of research, teaching and creation focused on mixing computing with humanities.

The bus, travelling to festivals or pretty much anywhere else someone wants it to stop, will promote creativity and teach children things they aren't learning in classrooms, Martin said.

1
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Ornge. Crashed helicopter made 'high-energy impact': TSB spokesman

Investigators have recovered the cockpit voice recorder of an Ontario air ambulance helicopter that crashed in the province's north, killing all four people on board.

Transportation Safety Board spokesman Chris Krepski says the recorder will be sent to the agency's Ottawa lab for analysis in the hope it will shed light on the cause of Friday's crash.

He says a team of four investigators at the crash scene in Moosonee have determined the aircraft had a "high-energy impact" crash and are interviewing potential witnesses and air ambulance officials.

The dead crew members included two pilots and two paramedics.

The Sikorsky S76 helicopter had just left its base in Moosonee to pick up a patient in the remote community of Attawapiskat when it crashed.

Krepski says the recorder can pick up noise from the helicopter engine and rotors, audio

The victims

The victims have been identified as Capt. Don Filliter of Skead; First Officer Jacques Dupuy, of Otterburn-Park, Que.; paramedic Dustin Dagenais, of Moose Factory; and paramedic Chris Snowball of Burlington.

warning systems and conversations between the flight crew — providing a glimpse into the moments before a crash.

The 33-year-old helicopter crashed about 12:11 a.m. The terrain was relatively flat and there was good visibility despite light rain, Ornge has said.

Both pilots were known as veteran fliers. Filliter was a respected pilot with more than 20 years of flying experience and an aircraft maintenance engineer, said Andrew McCalum, the CEO of Ornge.

THE CANADIAN PRESS



An Ornge helicopter is pictured last year in Burlington. Ornge has grounded all five remaining Sikorsky S76 helicopters in its fleet. THE CANADIAN PRESS FILE

Western U

Students come out on top with bridge solution

A group of Western University students were able to bridge the gap between class projects and industry solutions by well, bridging the gap between the CN Rail tracks on Talbot Street.

The challenge to design a wheelchair-accessible pedestrian bridge over the tracks was part of the Connections Competition, a contest for engineers at the Ontario Centres of Excellence Discovery Conference.

Rob Volcko, Thomas Zolis, Emily Keyes, Marco Furano, and Arthur Gonzales took home the first-place prize for presenting the best solution and walked away with \$2,000.

KEVIN HURREN/FOR METRO

Award of Excellence

Fanshawe program honoured

Fanshawe College has received the 2013 Bill Hutton Award of Excellence for showing a commitment to the field of broadcast journalism.

The award is presented by RTDNA Canada, an association that fosters education and career development in broadcasting. Forty-nine of its past scholarships having gone to Fanshawe students. Some of Fanshawe's most notable broadcast alumni include Cheryl Hickey of Entertainment Tonight and John Moore, voice of the Halifax Mooseheads.

An award presentation is planned on June 14.

KEVIN HURREN/FOR METRO



Buster, an eight-year-old golden and Labrador retriever mix, dries himself after cooling off in a Plunkett Estate pond during Sunday's Bark in the Park. Access to the estate's ponds is one of the biggest reasons the festival has grown leaps and bounds since moving there last year, organizers said. ANGELA MULLINS/METRO

Gone to the dogs

Bark in the Park.

Festival makes big splash in second year on new grounds



ANGELA MULLINS

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It was a good day to be a dog Sunday at the Plunkett Estate. Their owners didn't have much to bark about either.

London Humane Society's Bark in the Park festival

marked its second year at the west-end estate owned by Steve Plunkett.

The results were obvious by taking a look around the grounds, filled with tents selling homemade dog treats, enough water to keep dogs swimming for hours and enough wide open space to tire out the most hyperactive of puppies.

"We have more vendors, we have more cars, we have more dogs," said Wendy McNiff, the society's events and volunteer coordinator.

"Imagine all of this hap-

Creatures great and small

2,000

Approximate number of animals — including dogs, cats and smaller critters like guinea pigs — helped by the London Humane Society each year.

pening in Greenway Park. The cars alone wouldn't have fit."

The non-profit shelter organized the festival — its largest annual fundraiser — at Greenway for years.

When Plunkett offered up his property in 2012, organizers leaped at the opportunity.

Since then, Bark in the Park has signed on a title sponsor and just about doubled fundraising expectations, McNiff said.

This year's goal was \$100,000.

A final tally wasn't available Sunday but somewhere between 3,000 and 4,000 cars came through the gates.

Last year's donations came in at about \$70,000 — nothing to shake a stick at, McNiff noted.

Bike fest urges people to ride on, safely

Looking to dust off your bicycle?

June might just be the perfect month to oil up the chain and hit the road.

The Thames Regional Ecological Association kicked off London Bicycle Festival 2013 over the weekend and plans to offer up everything from tune-up lessons to special rides in the coming weeks.

Started in the 1990s as a one-week celebration aimed at encouraging commuters

to ditch their cars and start pedalling to work, the bicycle festival has since been expanded to a nearly month-long affair.

The idea is pretty simple, said Gosse van Oosten, a TREA board member and past president.

"We're trying to get more people to ride their bikes more often," he said. "We want people to consider ... what mode of transportation best fits what they're doing."

That means making an active decision to either walk or cycle whenever possible, van Oosten said.

This year's festival focuses on safety as TREA partners with the city for a local debut of the Kids CAN-BIKE program.

The program, for which TREA volunteers have received special training, teaches kids nine to 13 years old how to bike safely on residential streets.

ANGELA MULLINS/METRO

Festival details

To get involved:

- The Kids CAN-BIKE program is being offered in June and July via the city's recreation department. Visit London.ca/playyourway or call 519-661-5575.
- For a full bicycle festival schedule, visit trea.ca.

GST amendment will cost insurers

\$1 billion owed. Tax amounts date back to a 2005 Finance Department release implemented in 2010

Canada's insurance industry faces a \$1-billion GST bill at the end of this month, thanks to a federal tax move critics say smacks of a "banana republic."

The massive tax hit applies to some financial services that insurers say were never before subject to GST.

The GST now owed is retroactive seven years, back to 2005, when the federal Finance Department issued a news release saying it planned to amend tax legislation — something it didn't get around to implementing until 2010.

Critics say that apart from the body blow to the books of domestic insurers, the "massively distortive" tax grab sends a signal to global investors that



Finance Minister Jim Flaherty with Prime Minister Stephen Harper in March. A massive retroactive GST ruling from the Finance Department has investors fuming. THE CANADIAN PRESS

Canada is no place to do business. That message, they say, challenges any claim the Harper government is a tax-cutter and a good steward of the economy.

"I have lost count of the number of times that global tax directors have used the words 'banana republic' when I describe this legislation to

them," says Michael Firth, a tax partner at PricewaterhouseCoopers Canada, and chief among the critics.

For its part, the Finance Department says it hasn't changed GST legislation at all, but rather clarified rules that were poorly drafted when the GST was born in 1991.

THE CANADIAN PRESS

Mental health

Military creates a culture of silence

In 2010, former corporal John Lowe finished his tour in the killing fields of Kandahar.

His generation of soldiers has a myriad of money and recovery programs, but checking yourself into one is known within the ranks as "spin dry."

It can be the kiss of career death for a soldier to put their hands up and say they have a problem with the horrors they've witnessed.

"It's the culture; the culture is totally different," said Lowe, "One of our mottos is suffer in silence. That's what's honourable. That's what we're taught."

Lowe is part of a group of Canadian soldiers and veterans, many of them struggling with post-traumatic stress, who arrived in London Sunday after a gruelling six-day cycling ride from Paris.

They took part in an event put on by the British-based charity Help for Heroes.

THE CANADIAN PRESS



Lovers in a dangerous time

A couple celebrates their wedding in Taksim Square on Sunday, a day after Turkish police pulled out of Istanbul's iconic square following a second day of violent clashes between protesters and police over a controversial development project. GURCAN OZTURK/GETTY IMAGES

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Nuclear storage. Mayors held secret radioactive waste talks: Activists

Municipal leaders in the Ontario region that is home to one of the world's largest nuclear power plants are facing allegations they discussed proposed storage facilities for radioactive waste in secret because they feared damaging their electoral fortunes.

In a formal complaint to Bruce County, two activist groups also say the mayors may have violated provincial laws by failing to document and publicize years of meetings with nuclear waste of-

ficials.

Those involved say nothing untoward occurred but the Southampton Residents Association and Save our Saugeen Shores see skullduggery in the highly charged search for a permanent storage site.

Documents show the eight county mayors met 16 times with the Nuclear Waste Management Organization and Ontario Power Generation between 2005 and 2012 to discuss a proposed facility for waste. **THE CANADIAN PRESS**

Boston bombings

Russia & U.S. 'need to work more closely' on security

The head of a U.S. congressional delegation said Sunday that its meetings in Russia showed there was "nothing specific" that could have helped prevent

the Boston Marathon bombings, but that the two countries need to work more closely on joint security threats.

Dana Rohrabacher, a California Republican congressman who led the delegation, described discussions with Russian parliamentarians and security officials as productive. **THE ASSOCIATED PRESS**

Storm chasing legend killed in Friday twister

Oklahoma City.

Saskatchewan tornado hunter says chaser deaths are rare, but storm pattern was 'unprecedented'



MORGAN MODJESKI
Metro in Saskatoon

Three of North America's best-known storm chasers were among 10 killed after a tornado hit the El Reno area of Oklahoma City during rush hour on Friday.

Tim Samaras, called the Wayne Gretzky of storm chasing, his son Paul Samaras and storm chaser Carl Young were all killed when an EF3 tornado, with winds up to 165 m.p.h., barrelled into the area.

Saskatchewan tornado

hunter Greg Johnson was chasing the same tornado that killed the three men.

"Is it dangerous? It sure is. We're putting ourselves into the danger zone, but the thing is, we have very sophisticated technology and we have a really good understanding of how storms behave, so this is a very rare incidence," said Johnson.

Johnson said the Tornado made a 90-degree left turn and headed north in a pattern that he called "almost unprecedented."

"We got caught in the same storm and we were basically in a different location, but in the same situation as Tim," said Johnson.

He said Tim Samaras was one of the best storm chasers in the field, adding he had a chance to visit with Tim and his team two weeks ago in Texas.



Greg Johnson was also chasing Friday's killer tornado seen here. **GREG JOHNSON**



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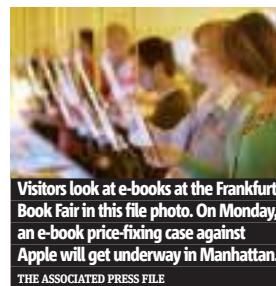
E-book price-fixing. Apple, U.S. Justice Department to square off in antitrust case

In a civil case where the words of Steve Jobs play prominently, the U.S. government and Apple Inc. are set to square off over allegations that Apple conspired with the country's largest book publishers to make consumers pay more for electronic books.

U.S. District Judge Denise Cote is scheduled to begin hearing the price-fixing case Monday in federal court in Manhattan.

The trial stems from an antitrust lawsuit brought last year by the Justice Department, which accused Apple of helping hatch the scheme at a meeting with publishers in 2009 as it was preparing to launch the iPad.

Its purpose was to force Seattle-based Amazon.com, the marketer of Kindle e-book readers, to raise the \$9.99 US price it had set for the most popular



Visitors look at e-books at the Frankfurt Book Fair in this file photo. On Monday, an e-book price-fixing case against Apple will get underway in Manhattan. THE ASSOCIATED PRESS FILE

e-book titles because that was substantially below their hard-cover prices, the government says.

The government has alleged the scheme cost consumers tens of millions of dollars by adding \$2 or \$3, sometimes as much as \$5, to the price of each e-book. It also argues part of the proof is Jobs' own account of the arrangement. THE ASSOCIATED PRESS

Quoted

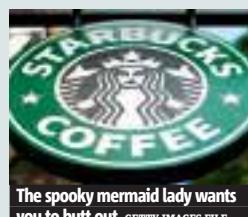
"Apple wanted to sell e-books to the public, but did not want to compete against the low prices Amazon was setting." The U.S. Justice Department, writing in its court papers

Policy change

Want a coffee and a smoke? Not at Starbucks

Starbucks customers will now have to stamp out their cigarettes before approaching the cafés.

The Seattle-based chain has banned smoking within 25 feet (about 7.6 metres) of its stores. A Starbucks spokeswoman says the intent is to expand the indoor no-smoking policy to the



The spooky mermaid lady wants you to butt out. GETTY IMAGES FILE

outdoor seating areas. The policy shouldn't cause a big difference in many areas that already ban smoking within a certain distance of a business entrance.

THE ASSOCIATED PRESS

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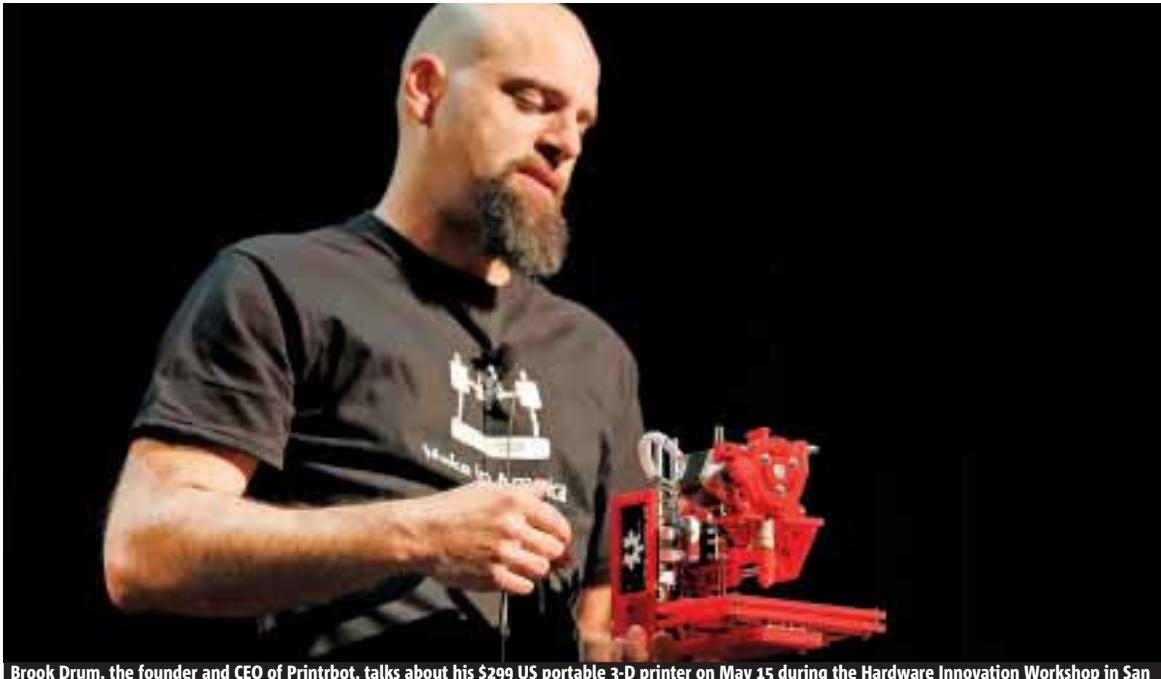
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Brook Drum, the founder and CEO of Printrbot, talks about his \$299 US portable 3-D printer on May 15 during the Hardware Innovation Workshop in San Mateo, Calif. Such printers usually extrude plastic, layer upon layer, to create objects. ERIC RISBERG/THE ASSOCIATED PRESS

Print-a-product: Behold the next industrial revolution

3-D printers. Emerging technology could disrupt mass manufacturing by changing how and when things are made

Invisalign, a San Jose company, uses 3-D printing to make each mouthful of customized, transparent braces. Mackenzies Chocolates, a confectioner in Santa Cruz, uses a 3-D printer to pump out chocolate moulds. And earlier this year, Cornell University researchers used a 3-D printer, along with injections of a special collagen gel, to create a human-shaped ear.

Once a science-fiction fantasy, three-dimensional printers are popping up everywhere from the desks of home hobbyists to Air Force drone research centres. The machines, generally the size of a microwave oven and costing \$400 US to more than \$500,000 US, extrude layer upon layer of plastics or other materials, including metal, to create 3-D objects with moving parts.

Users are able to make just about anything they like: iPad stands, guitars, jewelry, even guns. But experts warn this cool innovation could soon turn controversial — because of safety concerns but also the potential for the technology to alter economies that rely on

manufacturing.

"We're on the verge of the next industrial revolution, no doubt about it," said Dartmouth College business professor Richard D'Aveni.

"In 25 years, entire industries are going to disappear. Countries relying on mass manufacturing are going to find themselves with no revenues and no jobs."

On ground, sea or air, when parts break, new ones can be made on the spot, and even the tools to install them can be made, eliminating the need for staging parts in warehouses around the world, said Jeff DeGrange, vice-president of Direct Digital Manufacturing at Stratasys Inc., currently the industry

Try this at home

- Starting in June, office supply chain Staples plans to be the first major retailer to supply 3-D printers with "the Cube," a plug-in device that uses 16 colours and costs \$1,299 US.
- In September, the smallest and cheapest 3-D printer on the market, a printing pen called the 3Doodler that's priced from \$50 US, is due to start shipping.

leader in a field of about 50 3-D printer companies.

THE ASSOCIATED PRESS



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'RECKLESS AMBITION' TAKES HER FAR

There are more than a few reasons why Erin Pollett has enjoyed great success as a young professional in London. Perhaps the most fitting explanation, though, is the one provided by the 29-year-old herself.

"Reckless ambition" is how Pollett describes the reason for her accomplishments over the last seven years, which now include becoming one of the youngest presidents in the 106-year history of the Canadian Club of London. And when considering her resume, the term seems perfectly appropriate.

Pollett graduated with a political science degree from Western University, and then took a right turn into the world of mutual fund and life insurance sales. It didn't matter, Pollett says, that — as a 22-year-old — she received looks from clients as if she were the babysitter. She accepted it as a challenge.

The same was true a year later when she entered a boardroom at the London Health Sciences Foundation with a PowerPoint presentation to interview for a fundraising job without



URBAN COMPASS

Todd Devlin

london@metronews.ca

any fundraising experience. She spent nearly five years there, working with donors, sponsors and volunteers.

Now she's an executive at the marketing firm Arcane and continues to be involved in the community with Big Brothers Big Sisters. She's also in her fifth year with the Canadian Club of London, a local networking organization.

In some ways, she says, it seems like yesterday that she was "recruited" to the club by the late Angus McKenzie. But her involvement in the club quickly grew.

"Next thing I knew I was on the board, and then I was chairing the speaker's committee, and then I was the second vice-president and then the vice-president ..." Pollett said. "It's something I've been profoundly grateful for."

As the club's new president (and born and bred Londoner), Pollett is particularly hoping to do her part in retaining young talent in the city.

"London has long struggled with retaining that 24-to-44-

year-old demographic," she said. "But we have a phenomenal network of resources and organizations and mentors and employers that really want to foster that demographic."

One of those organizations is the Canadian Club of London, which has long sought to share and promote a passion for Canada while simultaneously providing a networking environment for its members. The club brings prominent speakers to the city to share their insights. The first one lined up under Pollett's tenure is Jim Treliving, the chairman and founder of Boston Pizza and notorious dragon on CBC's *Dragons' Den*.

Pollett says she's looking forward to her next challenge, but she's equally excited to provide young professionals with the same opportunities she had when entering the workforce. And she believes Canadian Club events are a fantastic way to achieve that.

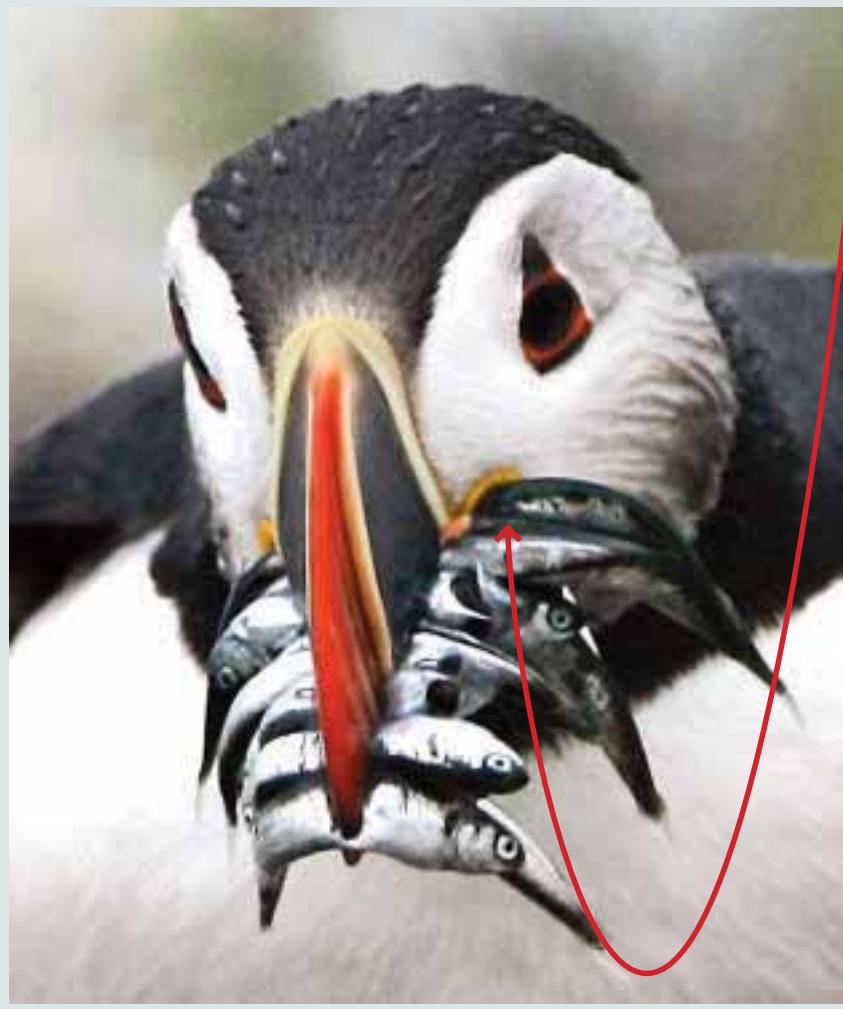
"I think it's a great place for them to start making connections and building their career," she said.

For more information, visit: canadiancluboflondon.ca. Follow Todd Devlin on Twitter @UrbanCompassLdn



ZOOM

What plagues the puffin?



THE ASSOCIATED PRESS FILE

East coast seabirds dying of starvation

This Atlantic puffin is seen with a beak crammed with fish to feed its young, but the population is at risk in the Gulf of Maine. The comical-looking seabirds have been dying of starvation and losing body weight, possibly because of shifting fish populations as ocean temperatures rise, according to scientists.

THE ASSOCIATED PRESS

Butterfish too fat to feed to the kids

Instead of feeding their young primarily herring, puffin parents were giving them large numbers of butterfish, a more southerly fish that's becoming more abundant in the Gulf or perhaps more accessible to seabirds because they've moved higher up in the water column.

But the chicks ended up starving to death because the butterfish were too big and round for them to swallow says Steve Kress, director of the National Audubon Society's seabird restoration program. Piles of uneaten butterfish were found next to some of the dead birds.

The amount of herring in the puffin's diet has been falling by about five per cent a year. THE ASSOCIATED PRESS

Who says games have to be fun? If you're over



Enviro Bear 2010:

In what some reviewers describe as "an elaborate troll," you take on the role of a car-driving bear trying to stock up on food for the winter. The only catch? The controls are almost meaningless, and winning seems impossible.

Frederic — The Resurrection of Music:

Letters

RE: Whiny Airplane Travellers Can Go Fly a Kite, published May 29

In John Mazerolle's column *He Says*, he talks about how whiny people can be on airplanes and how annoying it can be.

He goes on to say he loves flying.

I know some people are annoying needlessly, but there are some people like me who hate flying due to mental illness.

We folks suffer severe anxiety

and it can be quite uncomfortable at times. I don't say anything out loud and bother people, I just suffer in silence.

I have two sisters who live out West and so I have to fly to see them and it's something that can be very stressful.

I realize he's trying to be funny, but for some of us it's not a laughing matter.

It seems as though he wasn't thinking about people like me when he wrote that and I am offended enough to write to you about it.

Jim Inglis, Halifax

WE WANT TO HEAR FROM YOU:

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Parental guidance suggested

Will and Jaden Smith teaming up for *After Earth* has us thinking of other real-life parent-child movies

MATTHEW PRIGGE
Metro World News in New York



Will and Jaden Smith aren't the first parent-offspring duo to team up on the silver screen. HANDOUT

Box office

After Earth, the futuristic caper starring father-and-son team Will Smith and Jaden Smith, opened to \$27 million, good for third place. With its supercharged muscle cars, *Fast & Furious 6* raced to first place at the box office for the second consecutive weekend. The magic-heist thriller *Now You See Me* exceeded industry expectations to debut in second place with \$28.1 million.

2
SCENE

The actors, films

Melvin and Mario Van Peebles

Sweet Sweetback's Baadasssss Song (1971)

Their ages

39, 14

Their roles

Melvin plays an entertainer at a brothel falsely accused by "The Man." Mario plays his younger self in a fairly graphic introductory scene where he loses his virginity to a prostitute. Thanks, dad!

The results

Even though what was shot very nearly qualifies as child pornography, it apparently wasn't traumatic. Mario grew up idolizing and often working with his father. He became a filmmaker himself, making *New Jack City* and *Baadasssss!* — an account of the making of his father's pioneering black cinema classic. Mario even stars as his wildly charismatic, cigar-chomping, lady-killer pop.

Ryan and Tatum O'Neal

Paper Moon (1973)



32, 10

Ryan is a charismatic con man in the Depression-era South who collects fraudulent fees from rubes for bibles. Tatum plays a little girl who may be his daughter. She proves a grifting prodigy.

Ryan, often a wooden rent-a-hunk, was atypically alive and hilarious in this Peter Bogdanovich comedy. Ditto, for that matter, Tatum, who became the youngest-ever Oscar winner. She did *The Bad News Bears* but struggled through an adult career. Ryan, meanwhile, did two more films of major note (*Barry Lyndon* and *The Driver*), but soon returned to crap films. Their relationship became strained. Tatum alleged that Ryan hit on her at Farrah Fawcett's funeral.

Henry and Jane Fonda

On Golden Pond (1981)

76, 44

Henry is a crotchety, terminally sweaty old-timer who is estranged from his daughter, played by Jane. This isn't that far from the truth, except that Henry wasn't married to Katharine Hepburn.



The two were famously estranged, despite him being, like her, a liberal — back when such a thing wasn't cool. The film helped them patch things up, just as what happens in the film. Henry died soon after winning his first Oscar, which Jane accepted on his behalf.

Martin and Charlie Sheen

Wall Street (1987)

47, 22

Charlie is an upstart who gets associated with the wrong scene, while his father scowls. They also acted in this movie together.

The two would reunite, for about 10 seconds, in *Hot Shots Part Deux*, in a scene that parodies *Apocalypse Now: Passing by each other on ships, they simultaneously stand and proclaim, "Loved you in Wall Street!"*

Sylvester and Sage Stallone

Rocky V (1990)

44, 14



Sly is a slow mumblemouth who solved the Cold War, but is still stuck penniless in a miserable South Philly neighbourhood because his brother-in-law Paulie is an idiot. Sage is his resentful son who gets an earring.

Sage took over the role of Rocky Jr. from someone actually named Rocky Krakoff. He didn't get great reviews, but neither did the film. Still, he acted again with his dad in *Daylight*, and appears in Vincent Gallo's *Promises Written in Water*, which Gallo won't let anyone see. Last year, Sage died of a heart attack at 36 years old.

Jon Voight and Angelina Jolie

Lara Croft: Tomb Raider (2001)

63, 26

Jolie is a buxom archaeologist who does all the things that Indiana Jones can't, like have breasts. Voight is her dead father who she meets in an alternate dimension.



Jolie and Voight have had a bumpy relationship. They reconnected as her career exploded, then "broke up" again, then came back together after her mother's death. Still, Voight said he found out about her double mastectomy with everyone else.



Beyoncé. PHOTOS: GETTY IMAGES

Beyoncé drinks to her non-existent pregnancy

Beyoncé certainly knows how to deal with those pesky pregnancy rumours: The singer, who has been plagued with speculation she's expecting for the past month, posted a photo to her Tumblr blog from her recent visit to Germany showing her perched

in husband Jay-Z's lap sipping a glass of red wine. While it's not an out-and-out denial, the message seems to be clear. This comes on the heels of Jay-Z saying in a radio interview that rumours of Beyoncé's pregnancy are "simply not true."



Justin Bieber

More tattoos for Justin? You better Belieb it!

Justin Bieber can't stop getting tattoos — or at least he won't stop. The 19-year-old pop star appears to be averaging about one new piece of body art a month for 2013. His latest, as unveiled when he attended the premier for pal Jaden Smith's new film, *After Earth*, appears to be a rendering of a knight in shining armour on

the inside of his left forearm, according to *Splash News*. That happens to be the arm where he's put most of his new ink, including a tiger head on his bicep and an angel by his wrist that first appeared during his European tour. It won't be long now before Bieber is sporting a full sleeve on his left arm.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week



Statham starves himself, Leo finds another angel

STARGAZING
Malene Arpe
scene@metronews.ca

Jason Statham is eating nothing but rice and spinach in order to get in shape for a role. The part is that of a miserable dieter driven to a life of crime and violence and ultimately finding redemption after accidentally consuming eight Mars Bars.

Justin Bieber is again investigated for reckless driving. It was all a giant misunderstanding. His pants got tangled in the steering wheel and his ego got tangled with his perception of reality.

Amanda Bynes Twitter-feuds with Rihanna while Frances Bean Cobain Twitter-feuds with Kendall Jenner and Kelly Osbourne rekindles her old feud with Lady Gaga in a *Cosmopolitan* interview. Next week, just to keep

things interesting, Rihanna will go after Kendall on Instagram while Gaga hits Amanda over the head with a rolled up magazine.

Australian prime minister Julia Gillard says that she's a huge fan of *Game Of Thrones* and especially of House Targaryan. Interesting.

A Danish fan slaps Beyoncé's backside at a concert in Copenhagen. She got all upset and threatened to have him removed, clearly not realizing it was national sangerindesmækkedag.

Jimmy Kimmel says that he did not buy a \$1.9 million painting of a topless Bea Arthur. In unrelated news, Kanye West didn't buy the moon, Tom Cruise didn't buy 100 cars and Justin Bieber, most emphatically, didn't buy a pair of grown-up pants.

Breaking Bad's Aaron Paul got married. He fumbled a bit with "until meth do us part," but otherwise it was a lovely ceremony.

Leonardo DiCaprio is dating a Victoria's Secret model. This would be his fourth Victoria's Secret girlfriend. Perhaps it's time to try Land's End or L.L. Bean.



Amanda Bynes

Bynes is sick of the 'insanity' of magazines

Amanda Bynes is now making an effort to control what the press write about her — under threat of lawsuit. "All magazines: Contact me personally! I'm sick of your insanity! You can not talk about someone you don't know," she wrote in her latest Twitter screed. "You can't state something

about me by hearing it through someone I don't know (or) met once and never spoke to again who now claims to still know me enough to check my brain and search inside it and find a developed-at-27 mental illness without getting a huge lawsuit at your office."



Philip Seymour Hoffman

Downward spiral leads to rehab for Hoffman: source

Oscar-winning actor Philip Seymour Hoffman quietly completed a 10-day stint in rehab late last week to address a reported growing drug problem that topped out with the actor allegedly snorting heroin, according to E! News. Hoffman's problems are said to have started last

year with prescription pill abuse and escalated from there, though sources say he only took heroin for about a week before checking himself into a treatment facility after recognizing his downward spiral. "He recognized it and took care of it," says the source.



Twitter



@RebelWilson

When I'm out listening to podcasts it takes my mind off the fact that I'm doing cardio (which is good)



@oliviawilde

Prep for new movie involves wearing trash bags, tin foil, and face plaster. Gaga, eat your heart out!



@SofiaVergara

Exciting news, I'm the next person to get a Madame Tussauds wax figure. So honored!

Lighter load

Re-use plastic pill container as sunscreen bottle

We all know it's important to re-apply sunscreen, but carrying around a whole, full-sized bottle of sunscreen can be cumbersome. Lighten up your load



with this simple tip: Re-use a plastic pill container as a smaller sunscreen bottle. Wash the pill bottle and fill it with sunscreen—it's the perfect size to use on the go and handy if you carry different sorts of sunscreen. It's that easy and it's great for camp, cottage, or taking to the beach. **CAROLINE FERNANDEZ/YUMMYMUMMYCLUB.CA**

Works a charm

Use the toy trick when travelling with a crying baby

When travelling with your infant who screams because he or she hates the car, make sure you have a pile of soft toys stacked up beside you on the passenger seat. At red

lights or stop signs you can reach your arm back, and drop a new soft toy on his or her lap (or head — it's hard to have good aim, that's why they're soft.) This will distract your baby long enough for you to drop another sign or red light. It's like magic, I swear. **JEN WARMAN/YUMMYMUMMYCLUB.CA**

Exclusively Online

Dora the Wine Fridge Explorer? Si! Read more comedic (mis) adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices



Her body is her body, and it's meant to dance, not quit

Staggering statistic.

Six out of 10 girls avoid activities because they don't like their bodies. We as parents must help to lower that number

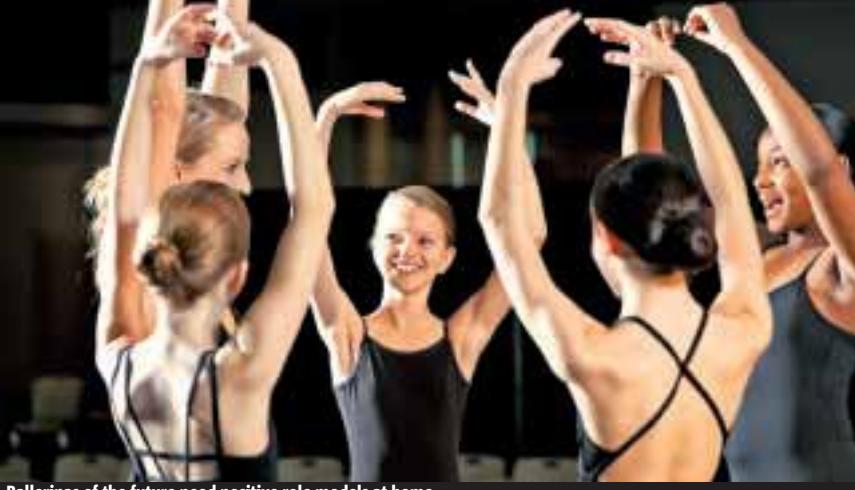
ALI MARTELL
yummymummyclub.ca

I took ballet for 10 years. From the time I was two years old until I was 12, I spent several days a week perfecting my pliés and piroettes and arabesques and revoltades.

I might have even been good, too, but I'll never know. Because I quit.

Because I was a stupid pre-teenager. It was too hard, too time-consuming. And there was a little not-allowed-to-wear-underpants-underneath-the-leotard situation.

But mostly, I quit because of my body. At age 12, my body began changing — it was too large in some places and too small in other places. I was, like many girls are before they grow into their women-bodies, the bodies that will one day



Ballerinas of the future need positive role models at home. ISTOCK

grow their babies — a wee bit awkward. Apparently, and unfortunately, I'm not alone in this. Six out of 10 girls avoid activities because they feel badly about the way they look.

When my oldest daughter was born and I heard that lovely "It's a girl!" announcement, the first thing I said was, "God, I can't wait to put her in a tutu." And I stayed true to my word. She was in a tutu almost before she could speak.

At 12, she is my mini me.

She looks almost exactly like me; she's built almost exactly like me. Once, just once, we had the conversation I worried about the minute I became the mama to a daughter:

"Mama, I hate my body."

"What?"

"My friends are all so tall and thin. I am short and stout, like the little teapot."

"We are all built differently, my love. You are the perfect you that you can be."

"Hrm. I don't know if you

are right."

"Do you exercise?"

"Of course. I bike and swim and dance and play basketball and walk to and from school and jump on the trampoline and I'm thinking of trying out for track and field."

"Do you eat a lot of foods that are good for you?"

"Of course. I love peppers and broccoli and green beans and artichokes and asparagus."

"Then that is all that matters. If you treat your body the

way it should be treated, your body will grow into what it should be — a perfect woman."

I don't want her to quit like I did. She's so good. Six out of 10 girls avoiding activities. Six out of 10! I don't want my daughter to be one of the six. Research shows, though, that when girls have positive role models at home — often mom — they tend to be less likely to let their anxieties get the better of them. Her body does amazing things — she can pop and lock and shake and shimmy and whatever those young kids are doing these days. And there are moments when she's on that dance floor, and I'm sure that she's flying.

I want her to know that bodies come in all shapes and sizes. It's my job as her mother to remind her of this and to not make the same mistakes that kept me from pursuing something I loved, something I could have been amazing at.

Her body is her body, and it's a body that's meant to dance. To fly. To be celebrated. To wear a tutu if she wants.

Not to quit.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD



10 sure-fire ways to know you're a parent

This list is here for clarity, because I'm assuming a lot of you were wondering this very question: "Am I? Am I really a parent?"

10) You've spat on your finger to wipe food/dirt/poo off of your child's face.

9) You've had saliva, urine, and feces sprayed/mashed/

smeared on you at some point or another.

8) At any moment, you could cry. You never know when, but it could happen. Like. Right. Now. "They're so beautiful."

7) At any moment, you could rage. Like. Right. Now.

6) In your WORK bag, you find

the strangest stuff: a soother, a crushed juice box, half a crayon, a lid to something, a doll, a mini truck, a sandwich crust, rocks from the garden...

5) You see danger around every corner. And if it's a sharp corner — you pad it.

4) You do shit you never thought you'd do, and think,

"I'm sorry for judging you other parent that I judged that one time..." (and let's be honest, it was more than just one time). You now have that kid.

3) You have 1,756 photos on your phone and 1,752 of them are of your child/children

2) Your dog (a.k.a. your first baby) is terribly neglected: he

needs a haircut, probably has fleas and only gets fed if you remember.

1) And the number one way you can tell that you're a parent? Your heart always aches with a love so heavy that you finally understand why parents do the crazy things they do for their children. **JEN WARMAN/YUMMYMUMMYCLUB.CA**



What's black and sugary and delicious all over? Rice pudding

Judith Finlayson professes a love for the taste and texture of rice, whether it's brown, red or Thai black sticky rice.

Though the cookbook author hasn't been able to duplicate a sweet concoction of mangoes and sticky rice she sampled while travelling in Thailand, this recipe for black sticky rice pudding is one of her favourites and she has included it in her most recent cookbook, *The Complete Gluten-Free Whole Grains Cookbook*.

"It is so easy and so good."

Thai black sticky rice is available in Asian markets. If desired, you can cook the rice in your rice cooker on the brown rice setting. The recipe calls for mangoes, but other fruits like strawberries, kiwifruit or peaches are also tasty.

This dessert is suitable for those following a vegan food plan.

Ingredients

Makes 6 servings

375 ml (1 1/2 cups) water
175 ml (3/4 cup) cooked Thai black sticky rice
1 can (400 ml/14 oz) coconut milk
125 ml (1/2 cup) packed Demerara or other raw cane sugar
2 ml (1/2 tsp) salt
250 ml (1 cup) sliced strawberries or kiwifruit or chopped peaches or mango
50 ml (1/4 cup) toasted shredded sweetened coconut
Finely chopped mint (optional)



The gluten-free and vegan-friendly Black Rice Sticky Pudding.

THE CANADIAN PRESS

1. In a bowl, combine water and rice. Set aside to soak for at least 4 hours or overnight.

2. When you're ready to cook, transfer rice and soaking water to a heavy pot with a tight-fitting lid. Bring to a rapid boil over medium heat. Reduce heat

to low and simmer until rice is tender, 30 to 45 minutes. (Don't lift the lid.)

3. In a saucepan, combine coconut milk, raw sugar and salt. Bring to a boil over medium heat and cook, stirring, until sugar dissolves. Stir in cooked rice and cook, stirring, until thick-

ened, about 10 minutes. Transfer to a serving bowl and chill, if desired. When you're ready to serve, top with fruit and garnish with shredded coconut and mint, if using.

THE COMPLETE GLUTEN-FREE WHOLE GRAINS COOKBOOK BY JUDITH FINLAYSON (ROBERTROSE.CA, 2013) / THE CANADIAN PRESS

Cream Cheese Filled Brownies. An unusual treat made in heaven



to dry, blending just until mixed.

3. Pour half the brownie batter into prepared pan. Spoon filling on top; spread with a wet knife. Pour remaining batter into pan. Bake 20 to 25 minutes or until just barely loose at centre.

ROSE REISMAN

Ingredients

Makes 16 brownies

Preparations: 15 min

Baking time: 20-25 min.

• Filling

4 oz light cream cheese, softened
3 tbsp granulated sugar
2 tbsp 2% milk
1 tsp vanilla extract

• Brownies

1 cup packed brown sugar
1/3 cup light sour cream
1/4 cup vegetable oil
1 egg
1 egg white
3/4 cup all-purpose flour
1/2 cup cocoa
1 tsp baking powder

A light dessert made in heaven. Moist and dense brownies sandwiched between a light cream cheese filling.

1. Preheat oven to 350 F. Spray an 8 inch square baking dish with vegetable spray. Make the filling: In a food processor or in a bowl with an electric mixer, beat together cream cheese, sugar, milk and vanilla until smooth. Set aside.

2. Make the brownies: In a large bowl whisk together brown sugar, sour cream, oil, whole egg and egg white. In a separate bowl, stir together flour, cocoa and baking powder. Add liquid ingredients

Healthy eating

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If you're looking for a quick liquid meal, Booster Juice is a great choice. But be careful what you decide to sip on.



Booster Juice Funky Monkey

585 calories / 9 g fat / 20 g protein

Close to 600 calories for breakfast and an afternoon snack is over the limit. The reason is the vanilla frozen yogurt, which has lots of calories and sugar. If you want protein, three quarters of a cup of Greek yogurt has 18 g of protein.

Equivalent

One Funky Monkey Booster Juice is equivalent in calories to one chubby chicken sandwich from A&W.



Booster Juice Berry Cream Sensation

325 calories / 3 g fat / 5 g of protein

This is made primarily of fruit and no frozen yogurt. Ask for an extra scoop of protein powder if you like.

Doctor that dessert and give your ice cream a makeover

Rules

- Start with quality ice cream in basic flavours (vanilla, chocolate, mint, coffee, etc.)
- Choose mix-ins that either are or can be cut or broken into bite-size pieces
- Go for contrast with your mix-ins, something crunchy (such as pretzels) with something soft (such as marshmallow)
- Think beyond sweet (potato chips, corn chips, peanuts, cashews, wasabi peas, etc.)
- Don't let the ice cream soften too much. Aim for soft serve consistency, then add your mix-ins



Some doctored ice cream, including Rice Krispie Treat ice cream. AP PHOTO

The solution? Doctored ice cream. Using the above instructions, do the best you can to create your favourite flavours. Mine and my son's were Rice Krispies Treat ice cream

and Quadruple Chocolate Eclair ice cream, but feel free to make your own. THE ASSOCIATED PRESS

Secrets the staff ain't gonna spill

No tips from our lips.

Look beyond the job description to discover what characteristics are going to set you apart from the crowd

YLVIA
VAN BUUREN
CareerBear.com

If you're in the midst of a job search, you know it's important to study every job description to understand what the position requires — and how your skills and experience tie in.

But there are also certain characteristics that are valuable to organizations that you won't ever see in a job description, says Stefan Danis, CEO of Mandrake and NEXCareer.

"What you bring to a job really goes beyond your experience and skills. Organizations today are also looking for an attitude to align with or lift their culture. Those extras are often

what make one person more hireable than another."

Here's the list that HR won't share:

Character

"We're constantly faced with having to make decisions and at the end of the day employers want to know that you'll make the right decision for them," Danis says. For example, if the company is in survival mode, they need you to make the right short term — and often difficult — decision. If the company is about growing into a long-term, sustainable business, they want someone with a longer time horizon who won't cut corners. To see if you have the character the company is looking for, the interviewer might ask questions about facing difficult decisions and how you chose to handle them. "They're looking at your moral compass, integrity and follow through."

Positivity

"We all have stories about someone with a negative atti-



A lot of people meet the job requirements but the most valuable employee doesn't settle for meeting expectations, says Stefan Danis — he or she exceeds them. ISTOCK

tude. I believe more organizations are trying to scan for that. Positivity is not a necessity to do your job, but negativity is toxic to the work environment," Danis says. Valued employees project a happy disposition and a glass-half-full attitude.

Adaptable

Organizations today need people who are resilient and able to change as the company changes direction. "People who resent and resist change are literally a drag on an organiza-

tion," Danis says. For example, if a company has to suddenly cut costs or lay off staff, "someone who can renew their vows to the organization's new direction almost immediately is very valuable."

Industrious

While companies promise mentoring and training, staff shortages or busy work schedules often result in new employees being left to figure things out on their own. "Let people know that while you value mentoring you acknowledge that it is sometimes difficult for people to follow through on doing it. A valued employee resists blaming the organization; instead, that person figures things out by quickly building an internal support network," Danis says.

Dependable

"Having the discipline to follow through is so important. When asked to do something, a valuable employee never lets you down." You can prove this with examples that show how you successfully completed

a variety of often-conflicting assignments on time and on budget.

Job focused

Organizations want employees who do what they are paid to do. Surfing the web has taken over as the number one time waster in the office, says Danis. "It is killing productivity. Turn Facebook off and resist visiting LinkedIn and your stock picks. That should all be done at home."

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
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metro

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4 SPORTS



Canadian captain Christine Sinclair and Ali Krieger chase the ball during their friendly in Toronto on Sunday. The U.S. won 3-0. DAVID COOPER/TORSTAR NEWS SERVICE

Red, white and blues: Canada foiled again

The Rematch. Morgan leads U.S. over northern neighbours in first meeting since Olympics

In the game billed as "The Rematch," American star Alex Morgan played the role of villain once again.

Morgan scored twice to lift world No. 1-ranked United States to a 3-0 victory over Canada's women's soccer team Sunday in Toronto. It was the first meeting between the North American rivals since



Canada's heartbreaking 4-3 loss to the U.S. in the Olympic semifinals, and the Canadians' first game back home since they won bronze in London.

Sydney Leroux, a Canadian-born striker who plays for the U.S., drew boos from the crowd

when she kissed the badge on her jersey after scoring the Americans' third goal.

Morgan, whose goal in the 123rd minute in that memorable Olympic semi sealed the U.S. victory, scored her first Sunday in the 70th when she cut inside defender Emily Zurrer, firing from the top-left corner of the 18-yard box and slotting it past goalkeeper Erin McLeod into the right corner of the net. Morgan's second goal came two minutes later from the identical spot.

Leroux scored seconds before the final minute when she ran in on a breakaway, placing

the ball past McLeod.

The so-called friendly was anything but for the two teams, who had battled goal-for-goal in last summer's Olympic match that will go down as one of the most memorable games in Canadian soccer history.

Canada's captain Christine Sinclair recorded a hat trick in that match that turned on a controversial free kick. Referee Christina Pedersen awarded the kick to the Americans in front of Canada's net, claiming McLeod took longer than the allowable six seconds to put the ball back into play.

THE CANADIAN PRESS

PGA

Kuchar wins 2nd title of the year

Matt Kuchar rolled in one last birdie to win the Memorial by two shots and join Tiger Woods as the only multiple winners on the PGA Tour this year.

Kuchar was challenged briefly at the turn by Kyle Stanley, and then late Sunday when Kevin Chappell birdied three of his last four holes. Kuchar only needed to two-putt from 20 feet for the win, and he made the putt for a 4-under 68.

Kuchar captured the Match Play Championship in February.

Tiger Woods closed with a 72 and finished 20 shots behind, his largest deficit since 1996.

THE ASSOCIATED PRESS

MLB

Davis powers Orioles past Tigers

Chris Davis hit his major league-leading 20th homer to ignite a three-run seventh inning, and the Baltimore Orioles got a strong pitching performance from rookie Kevin Gausman in a 4-2 comeback victory over the Detroit Tigers on Sunday.

Nate McLouth drove in the go-ahead run for the Orioles, who took two of three from Detroit. Baltimore also rallied on Friday after trailing by two runs in the ninth.

Prince Fielder homered and scored both runs for the Tigers, who have lost five of six.

Gausman pitched six impressive innings. He struck out Miguel Cabrera and got the Tigers star to hit into a pair of double plays. THE ASSOCIATED PRESS

Penguins look to regain their cool in Game 2



The Penguins' Evgeni Malkin and the Bruins' Patrice Bergeron fight on Saturday in Pittsburgh. GETTY IMAGES

There's a dry erase board in the Pittsburgh Penguins' dressing room coach Dan Bylsma uses to remind his players about where they stand in their bid for a Stanley Cup.

For the first time this post-season, the Penguins find themselves with a bagel next to their name after the Boston Bruins pulled away for a 3-0 victory in Game 1 on Sunday night.

"It's a different look," Bylsma said.

One that will only certainly get worse if Pittsburgh can't collect itself in Game 2 on Mon-

Quoted

"They're players who have character, and I don't even need to say they're excellent players."

The Bruins' Patrice Bergeron doesn't expect the Penguins to be so easily rattled in Game 2.

day night.

The Bruins rode David Krejci's two goals, Tuukka Rask's 29 saves and a hefty amount of antagonism to frustrate the Penguins into the kind of chippy play that does

little favours to one of the NHL's most talented teams.

For a spell in the second period, the Penguins seemed more intent in sending a message than evening the score.

Forward Matt Cooke earned a major boarding penalty and a game misconduct for blasting Boston's Adam McQuaid behind the Bruins net. Forward Chris Kunitz was slapped with an unsportsmanlike conduct penalty after mixing it up with Boston's Rich Peverley and reigning NHL MVP Evgeni Malkin traded punches with Patrice Bergeron at the end of the

period. The fight was the fourth of Malkin's seven-year career.

"I think anytime you see Evgeni Malkin fighting he's away from his game," Cooke said. "Emotions are high."

Boston's three goals tied for the most given up by Pittsburgh goalie Tomas Vokoun since he replaced Marc-Andre Fleury in Game 5 of the first round. Bylsma didn't place the blame for Pittsburgh's worst loss of the post-season on Vokoun and doesn't seem intent on switching back to Fleury anytime soon.

THE ASSOCIATED PRESS

Horoscopes

Aries

March 21 - April 20

If you have any doubts at all about what you are asked to do today, either by a friend or by someone you work with, just say no. It may make you a bit unpopular but better than you hate yourself.

Taurus

April 21 - May 21

What are you doing to make the world a better place? As Venus, your ruler, moves into the communications area of your chart today you can do something, even if it's only spreading what you believe.

Gemini

May 22 - June 21

Your rivals may be smart but you are in a different league entirely when it comes to brain power and cunning and will outmaneuver them with ease over the next few days.

Cancer

June 22 - July 23

Venus, planet of emotional and material values, moves into your chart today, making this the ideal time to ask yourself what, and who, is most important in your life.

Leo

July 24 - Aug. 23

If you compromise your principles once today you will have to compromise them again and again throughout the coming week, so start as you mean to go on and refuse to do anything underhand.

Virgo

Aug. 24 - Sept. 23

Not everyone can reach your high standards so try not to be too critical if a friend falls short of expectations. Show them where they went wrong but do so in a friendly way.

Libra

Sept. 24 - Oct. 23

Venus, your ruler, moves into the career area of your chart today, making it easier for you to get along with people in positions of power. Just be careful they don't use you, as you must benefit too.

Scorpio

Oct. 24 - Nov. 22

You always present a resolute face to all, even when you feel fearful and that will help you this week. You're the one everyone goes to when there's serious work to be done.

Sagittarius

Nov. 23 - Dec. 21

Your imagination is active at the moment but watch out you don't go too far by imagining things that don't exist. The line between fact and fiction can often get blurred.

Capricorn

Dec. 22 - Jan. 20

This is a great day for meeting people, especially friends you have not seen in a while or the one you love. Don't linger too long in front of the mirror though!

Aquarius

Jan. 21 - Feb. 19

If you feel that you are being swamped with work then get someone to help you. Yes, of course, no one does as good a job as you but you can't carry on at this pace forever. Slow down.

Pisces

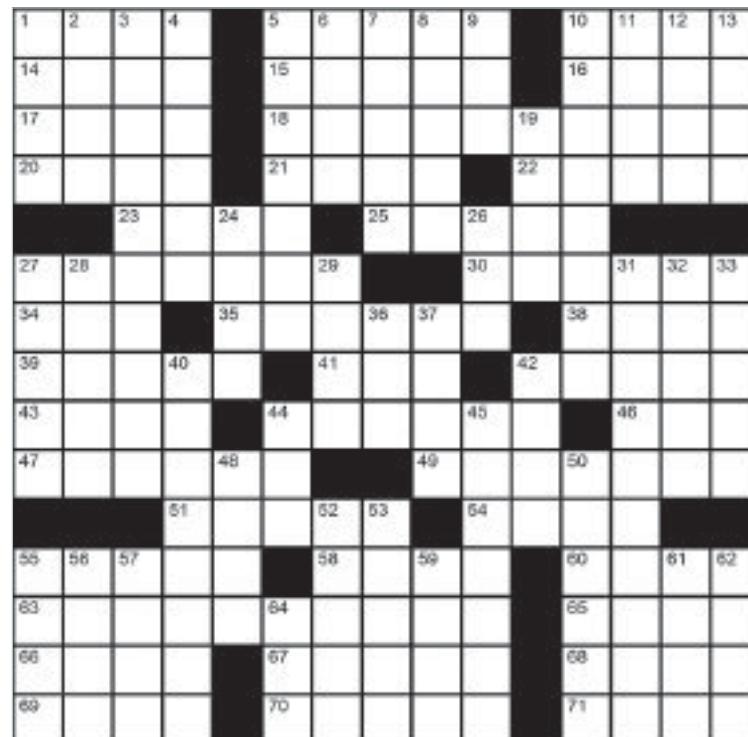
Feb. 20 - March 20

Mercury links well with Neptune, planet of self-sacrifice today, so find ways to help people. You are at your best when giving – and the universe will give back to you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Be open-wide
5. Actor, Jeremy __
10. Go together well
14. Dutch violinist/conductor of PBS concert fame, Andre __
15. Signs
16. Jazz singer, Dame Laine
17. Mr. Sharif
18. Canada's Senate, The __
20. Like dry Spanish wine
21. Twinkler
22. Ladies
23. Larger-than-life
25. Stitched spots
27. "Unwritten" singer Ms. Bedingfield
30. "Ha! Tricked you!"
34. Performance-enhancer, e.g.
35. Acapulco's locale
38. Country's Mr. Church
39. Singer, Lou __
41. "Turn to Stone" gr.
42. Hockey great Mr. Hull
43. Ms. de Matteo
44. Indirectly refer to 46. " __ Hot" by Alanis
47. Prances
49. Brush up on
51. Olympic champ's hauls
54. Singer/songwriter Mr. Jordan
55. Must scratch, must scratch...
58. Gather
60. "You've Made __

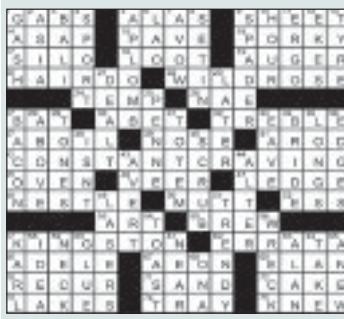


Very Happy" by Blood, Sweat & Tears
63. 1955 Glenn Gould album: 'Bach: The Goldberg __'
65. Isle of Scotland's Inner Hebrides
66. Canadian journalist Mr. Solomon
67. Rinse, as with a solvent

68. Day's French opposite
69. Perform, like Celine Dion
70. Between-buildings-spot
71. Catch a glimpse

Down
1. Newfoundland's Morne National Park
2. Je t' __ = I love you
3. Canadian flag/clock structure on Parliament Hill: 2 wds.
4. Galilean moon of Jupiter
5. Sports car name
6. "How __ Your Mother"

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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